

HOME ECONOMICS

DIETETICS

TENTATIVE EDITION

Many clubs are convinced of the advantage of studying one subject thruout the season, and for this work a carefully prepared program is needed. Local or state committees and state library commissions have spent time in preparing outlines which would be suitable for use elsewhere if they could be made available by printing. It is proposed in this series to centralize such work and to conserve the effort spent in making a good outline by putting it in shape for distribution. The outlines in this edition are printed as originally prepared and they are *experimental* rather than typical. Clubs themselves by an actual testing of the outlines will be able to offer suggestion and criticism which will lead to a revision of form.

THE H. W. WILSON COMPANY

The Study Outline and Its Use

The series will include outlines on art, literature, travel, biography, history and present day questions.

The outlines vary in length. If more topics are given than the number of club meetings for the season, those topics that are more difficult to handle or on which there is less available material, may be dropped. If there are fewer topics than the scheduled meetings, certain topics may be divided.

Lists of books are appended to some of the outlines. It would be well for the club to own some of the recommended books. Others can be obtained either from the local public library or from the state traveling library. When very full lists are given it is not necessary for any club to use all the books, but the longer list leaves more room for choice.

The best material on some subjects may be found, not in books, but in magazines. These may be looked up under the subject in the *Readers' Guide to Periodical Literature*. Magazine articles and illustrated material may be obtained from the *Wilson Package Library*. For terms see fourth page of cover.

A partial list of the study outlines now in print will be found on page three of this cover. For latest additions to the list write to publisher.

HOME ECONOMICS

A STUDY OUTLINE

PREPARED BY
HOME ECONOMICS DIVISION
Agricultural Extension Department,
Purdue University

THE H. W. WILSON COMPANY
WHITE PLAINS, N. Y., AND NEW YORK CITY
1915

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STUDY OUTLINE

ON

HOME ECONOMICS

The accompanying outline has been prepared keeping in mind the broadness of the subject, Home Economics. For this reason the different phases have been touched upon rather than having any one phase taken up in detail.

The outline is purely suggestive. The topics in each lesson have been subdivided so that as many members as possible may take part. These sub topics may be combined, again divided or outside material of special interest to the class be substituted if the program committee deem such a proceeding advisable.

In each lesson provisions have been made for the discussion of the important happenings of the month. The time required for this will vary, five minutes will be sufficient as a rule.

Reference in food work has been made to Hutchison's "Food and Dietetics," Janet Hill's "Practical Cooking and Serving" and Fanny Farmer's "Boston Cooking School Cook Book." As the latter are standard cook books, members of the club will likely have them. In case they have to be bought either would be sufficient. "The Farmstead" by Roberts and Pyle's "Personal Hygiene" are other books which would be good for reference material. Any of these books may be obtained from Whitcomb & Barrows, Publishers, Huntington Chambers, Boston, Mass., who make a specialty of home economics books and will send a list of same upon request. The encyclopedia has also been referred to; this is a valuable source of information which is frequently overlooked.

Farmers' bulletin have been given as references. These bulletins may be obtained free of charge upon application to the editor-in-chief, Division of Publica-

tions, Department of Agriculture, Washington, D. C. as long as the supply lasts. After this they may be purchased for a nominal sum from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Another valuable source of reference material is the traveling libraries sent by many State Library Commissions. These libraries are usually sent free except for express charges and may be retained for several months.

In the references as given under the topics, Farmer refers to "Boston Cooking School Cook Book," by F. M. Farmer; Hill, to "Practical Cooking and Serving," by J. M. Hill; and Hutchison, to "Food and the Principles of Dietetics," by Robert Hutchison. F. B. is the abbreviation for "Farmers' Bulletin." A list of these references giving full information follows the outline.

I

1. Roll call: Bible quotation.
2. Short papers on coffee.
 1. History and manufacture of coffee.
Farmer. p 35
Hill. p 43.
Hutchison. p 322.
Encyclopedia.
 2. Coffee making.
Farmer. p 37-39.
Hill. p 44-45.
Hutchison. p 324.
 3. Effect on the system.
Farmer. p 35 and 36.
Hutchison. p 329.
 4. Coffee adulterants.
Farmer. p 36.
Encyclopedia.
3. Paper: Our aim as a home economics club.
4. Current events.
5. Demonstration: Coffee served with wafers.

II

1. Roll call: Favorite author.
2. Short papers on milk.
 1. Sources and kinds.
F. B. 363 p 8.
 2. Food value.
Farmer. p 9
Hill. p 47-48.
Hutchison. p 110-115.
F. B. 363 p 9-12.
F. B. 413 p 11-16.
 3. Care of milk.
F. B. 63 p 27-36.
F. B. 363 p 20.
F. B. 413 p 5-8.
3. General discussion: The ideal farm home, size, necessary rooms, points in planning.
F. B. 270 p 39-48.
F. B. 317 p 5.
F. B. 607.
4. Current events.
5. Demonstration: Junket served with plain cakes or cookies.

III

1. Roll call: Mottos of celebrated men.
2. Discussion: Pure air.
 1. What is ventilation.
 2. How may well ventilated rooms be secured?
How may poor ventilation be detected?
Iowa State College. Healthful Homes.
University of Illinois. Importance of
Pure Air.
Encyclopedia.

3. Short papers on fruit.
 1. Place of fruit in the diet.
F. B. 293 p 22-35.
 2. Digestibility of fruit.
F. B. 293 p 25-26.
 3. Cooking of fruit.
F. B. 293 p 28-30.
 4. The possibilities of a home fruit garden.
F. B. 154.
F. B. 169.
4. Current events.
Refreshments: Fresh fruit or dates, figs and nuts.

IV

1. Roll call: Favorite breed of chicken.
2. Short papers on kitchen.
 1. Size and furniture.
F. B. 317 p 6-7.
F. B. 342 p 32.
F. B. 607.
 2. Wall and floor coverings.
F. B. 342 p 31.
Ohio State University. The kitchen.
Go to the kitchen and note convenient arrangement of furniture and fixtures. Suggestions for improvement by members.
3. Short papers on eggs.
 1. Kinds used for food.
F. B. 128 p 7.
 2. Place of eggs in the menu.
F. B. 128 p 26.
 3. Care and preserving of eggs.
F. B. 128 p 29.
 4. "Cooking eggs."
Farmer. p 94-108.
Hill. p 58-72.
F. B. 128 p 8-13.
4. Current events.
Refreshment: Egg sandwiches and coffee.

V

1. Roll call: House cleaning convenience least easily dispensed with.
2. Short papers on vegetables.
 1. Classes of vegetables.
F. B. 256 p 6-9.
 2. Structure of vegetables.
F. B. 256 p 5-6.
 3. Cooking of vegetables.
Hill. p. 258-262.
F. B. 256 p 9-13.
 4. Value of vegetables in diet.
Farmer. p 280-284.
Hutchison. p 171-180, 251-252.
F. B. 256 p 12-15.
 5. General discussion on house cleaning.
How can old-time house cleaning days
be eliminated?
Aids in cleaning.
3. Current events.
Refreshments: Sandwiches and punch.

VI

1. Roll call: Quotation from Shakespeare.
2. Short papers on chocolate.
 1. Where grown.
 2. Manufacture.
 3. Food value.
Hutchison. p 335-336.
Encyclopedia.
Walter Baker & Co., Dorchester, Mass.,
will send you upon request a good
book on cocoa and chocolate.

3. Discussion: The home grounds.
 1. Aims in home planting.
F. B. 185 p 5-15.
F. B. 248.
F. B. 494.
 2. Results of improving home grounds on individual in home; on community.
F. B. 185 p 24.
4. Current events.
5. Demonstration: Cocoa and chocolate cookies or cake.

VII

1. Roll call: Most helpful magazine.
2. Short papers on disposal of wastes on farm.
 1. Water waste.
F. B. 278 p 21.
 2. Sewage.
F. B. 43 p 5-14.
F. B. 270 p 21-34.
F. B. 527.
 3. Ashes and miscellaneous refuse.
F. B. 43 p 15
F. B. 270 p 35
 4. Dangers from accumulations of waste.
F. B. 43.
3. General discussion: Reading.
 1. Importance of reading in farm home.
 2. Kinds of reading.
 3. Reading for children.
Cornell University. Reading in the farm home.
4. Current events.
5. Demonstration: New way to cook eggs, or eggs poached in milk.

VIII

1. Roll call: My favorite color combination.
2. Short papers on cereals.
 1. Distinguishing features and how prepared for food: wheat, oats, corn, rice.
 2. Importance of cereals in diet.
F. B. 249.
Ohio State University. Cereals.
Encyclopedia.
3. General discussion: Prepared vs. home-cooked breakfast foods.
4. Paper: The use and abuse of color in one's wardrobe. Give illustrations if possible.
5. Current events.
6. Demonstration: Oatmeal cookies.

IX

1. Roll call: Favorite Bible character.
2. Short papers on sugar.
 1. Sources of cane sugar.
Hutchison. p 270-276.
F. B. 535 p 12-15.
Encyclopedia.
 2. Food value and digestion of sugar.
Hutchison. p 277-280.
F. B. 535 p 15.
 3. Use of sugar in the diet.
Hutchison. p 281-284.
F. B. 535 p 23.
 4. Sugar for children.
Hutchison. p 476-477.
F. B. 535 p 30

3. General discussion: How should the housewife's recreation time be spent?
4. Current events.
5. Demonstration: Making of candy.
Refreshments: Candy, nuts.

X

1. Roll call: Riley quotations.
2. Short papers on textile fibers: Cotton, linen, wool, silk.
Encyclopedia.
Illinois Bulletin. Textiles.
3. Current events.
4. Report of work accomplished by the club during the year.
5. Possibilities for our club the coming year.

REFERENCE LIST

Farmer, F. W. Boston cooking school cook book. new ed. \$1.80. Little.

Hill, J. M. Practical cooking and serving. 1902. \$2. Doubleday.

Hutchison, Robert. Food and the principles of dietetics. 3d ed. 1911. \$3. Wood.

Encyclopedia.

Farmers' Bulletin:

No. 43. Sewerage disposal on the farm.

No. 63. Care of milk on the farm.

No. 128. Eggs and their uses as food.

No. 154. The home fruit garden.

No. 169. The farmer's fruit garden.

No. 185. Beautifying the home grounds.

No. 248. The lawn.

No. 249. Cereal breakfast foods.

No. 256. Preparation of vegetables for the table.

No. 270. Modern conveniences for the farm home.

No. 293. Use of fruit as food.

No. 317. Experiment station work "The farm home."

No. 342. Experiment station work "A model kitchen."

No. 363. Use of milk as food.

No. 413. Care of milk and its use in the home.

No. 494. Lawn soils and lawn.

No. 527. Experiment station work "Sewage disposal for rural homes."

No. 535. Sugar and its value as food.

No. 607. The farm kitchen as a workshop.

Cornell University. Reading in the farm home.

Iowa State College. Healthful homes.

Ohio State University. Agricultural College. Cereals. 1912. Columbus, Ohio.

Ohio State University. Agricultural College. The Kitchen. 1912. Columbus, Ohio.

University of Illinois. Importance of pure air.

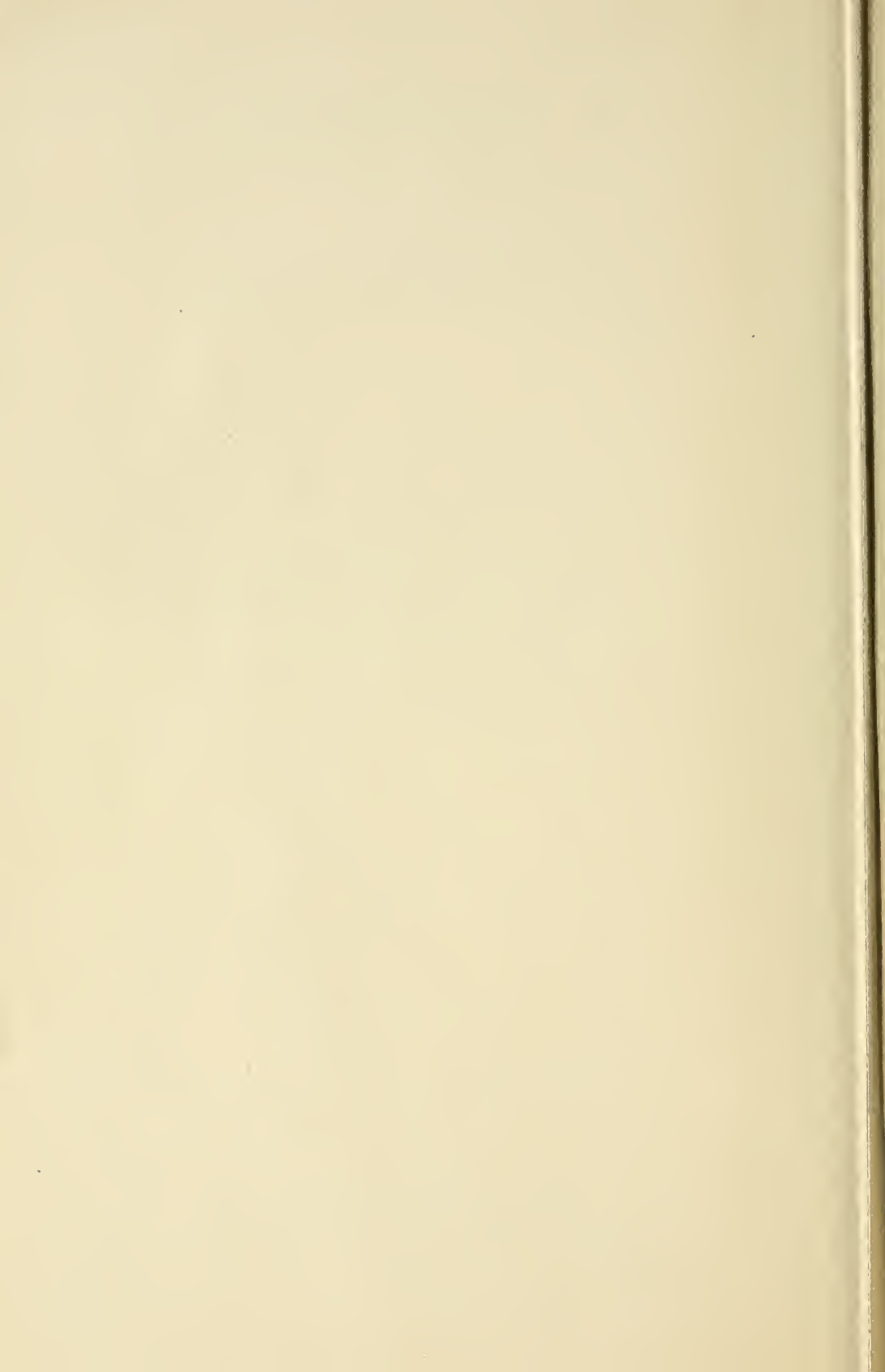
University of Illinois. Textiles.

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STUDY OUTLINE

ON

DIETETICS

In the references given under the topics, Hutchison refers to "Food and Dietetics," by Robert Hutchison; Jordan refers to "Principles of Human Nutrition," by W. H. Jordan; and Thompson, to "Practical Dietetics," by W. G. Thompson. A list of the references giving full information follows the outline.

Farmers' Bulletins have been given as references. These bulletins may be obtained free of charge upon application to the Editor-in-chief, Division of Publications, Washington, D. C., as long as the supply lasts. After that they may be purchased for a nominal sum from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Another valuable source of reference material is the traveling library sent out by many state library commissions. These libraries are usually sent free except for express charges and may be retained for several months.

I

1. Paper: The food we eat.
 1. Definition.
 2. Classification according to
 1. Source.
 2. Function in body.
 3. Nutritive constituents.
 3. Absorbability—why important.

Hutchison. p 1-13.
Thompson. p 4-6, 399-400.
Farmers' Bulletin 23 p 10-15.
Farmers' Bulletin 142 p 1-21.

2. Debate: Resolved that the kind and amount of food taken by the average individual is not suited to his needs.
Jordan. p 117-126, 209, 225.
Thompson. p 317-325, 350, 351.
Farmers' Bulletin 23 p 16-17.
Farmers' Bulletin 142 p 32-46.
University of Illinois. Bulletin 32 p 1-15.
3. Reading: Life of Ellen H. Richards, chapter I.

II.

1. Paper: Cookery of foods.
 1. Object of.
 2. Effect on various foods and food nutrients.
Hutchison. p 390-392.
Jordan. p 258-259, 312-319.
Thompson. p 211-212, 294-295.
Farmers' Bulletin 142. p 30-32.
Farmers' Bulletin 249. p 22-24.
Farmers' Bulletin 256. p 12-13.
Farmers' Bulletin 293. p 28-30.
Farmers' Bulletin 298. p 15-21.
2. Short papers on the advantages and disadvantages of boiling, baking, roasting, stewing, etc.
Hutchison. p 390-401.
Thompson. p 295-303.
Farmers' Bulletin 34. p 14-19.
3. Discussion: Errors in the cookery of food.
Hutchison. p 390-398.
Jordan. p 312-319.
Thompson. p 123-124, 303-305.
Farmers' Bulletin 142. p 46-47.
Farmers' Bulletin 249. p 22-24.
Farmers' Bulletin 256. p 11-12.
Farmers' Bulletin 295. p 13-17.
4. Reading: Life of Ellen H. Richards, chapter II.

III.

1. Demonstration of cookery of tough meat.
Mock duck.
Casserole roast.
Filipino beef.
Farmers' Bulletin 291. p 19-22, 24.
2. Paper: The tough cuts of meat.
 1. General composition.
 2. Proportion in carcass.
 3. Comparison in nutritive value with tender cuts.
 4. Precautions which must be taken in the cookery of tough meat.
Hutchison. p 58-71.
Farmers' Bulletin 34. p 4-11, 14-19.
Farmers' Bulletin 391. p 4-5, 6-8, 10-12.
3. Discussion on the buying of meat.
Wholesale vs. retail price.
Apparent and actual cost of different cuts.
Texture and flavor.
Farmers' Bulletin 34. p 19-24.
Farmers' Bulletin 391. p 6-10, 13-14.
4. Reading: Life of Ellen H. Richards, chapters III, IV.

IV

1. Paper: Cheese. Manufacture and kinds.
Hutchison. p 146-148.
Thompson. p 114-119.
Farmers' Bulletin 363. p 7-11.
2. Paper: The place of cheese in the diet.
Hutchison. p 149-150.
Farmers' Bulletin 487. p 11-19.
Farmers' Bulletin 363. p 36-38.

3. Demonstration: Uses of cheese.
 1. Ways of serving cottage cheese.
Farmers' Bulletin 487. p 20.
 2. Cheese fondue.
Farmers' Bulletin 487. p 24-25.
 3. English monkey.
4. Reading: Life of Ellen H. Richards, chapters V, VI.

V

1. Short papers:
 1. Different kinds of beans.
 2. Different kinds of peas.
Hutchison. p 233.
Thompson. p 192-193.
Farmers' Bulletin 121. p 1-16.
 3. Nutritive value of legumes.
Hutchison. p 229-232.
Farmers' bulletin 121. p 18-20, 38.
 4. Digestibility of the bean, pea, and lentil.
Hutchison. p 230-231.
Farmers' Bulletin 121. p 21-28.
2. Demonstration: Cookery of legumes.
 1. Boston baked beans.
 2. Split pea soup.
 3. Lima bean salad.
3. Short papers:
 1. Preparation of legumes for cooking.
 2. Principles involved in the cookery.
Hutchison. p 229-230.
Farmers' Bulletin 121. p 28-33.
4. Reading: Life of Ellen H. Richards, chapter VII.

VI

1. Paper: Points to be remembered in the preparation and cooking of made-over dishes.
 1. Attractiveness.
 2. Agreeable combinations.
 3. Temperature at which served.
 4. Those made from protein should not be over-heated.
2. Discussion: Is the consideration of left-overs worth while.
3. Reading: Life of Ellen H. Richards, chapter VIII.
4. Demonstration :
 1. Moulded timbals with tomato sauce.
 2. Potatoes baked with cheese.
 3. Bread puddings or trifle.

VII

1. Debate: Resolved that desserts should be abolished.
Farmers' Bulletin 293. p 294-295.
University of Illinois. Bulletin 32 p 1-15.
2. Paper: The value of desserts in the diet. Consider this from the standpoint of
 1. Palatability.
 2. Nutrition.
3. Short papers or demonstration on
 1. Nutritious hot desserts.
 2. Nutritious cold desserts.
 3. Appetizing hot desserts.
 4. Appetizing cold desserts.
4. Reading: Life of Ellen H. Richards, chapter X.

VIII

1. Paper: Different salad dressings and precautions to take in their making.
 1. French dressing.
 2. Mayonnaise.
 3. Boiled dressing.
2. Short papers:
 1. The place of salads in the menu.
 2. Preparations of salad vegetables.
 3. Serving and garnishing salads.
Farmers' Bulletin 256. p 46-48.
Farmers' Bulletin 487. p 33-35.
3. Demonstration:
 1. Cold vegetable salad.
 2. Fresh vegetable salad.
 3. Meat or fish.
 4. Cheese and pimento salad.
4. Readings: Life of Ellen H. Richards, chapter XI.

IX

1. Short papers on invalid cookery.
 1. Liquid diet.
 2. Semi-liquid diet.
 3. Solid diet.
Hutchison. p 508.
Thompson. p 861-907.
2. Paper: Care in preparing an invalid's tray.
3. Demonstration: Attractive trays for invalids.
4. Reading: Life of Ellen H. Richards, Chapters XII, XIV.

X

1. Paper: Points to be considered in planning a meal.
Jordan. p 229-236, 255-257.
Farmers' Bulletin 79. p 22-38.
Farmers' Bulletin 142. p 43-48.
Farmers' Bulletin 249. p 31-32.
Farmers' Bulletin 293. p 21-27.
Farmers' Bulletin 295. p 22-23.
Farmers' Bulletin 298. p 29-31.
University of Illinois. Bulletin 32.
University of Iowa. Planning and serving meals.
2. Debate: Resolved that there is too great a variety in any one meal.
Jordan. p 241-245.
University of Illinois. Bulletin 32. p 5.
3. Short papers:
Menus of well balanced meals giving amounts for family of six people.
University of Illinois. Bulletin 32.
University of Iowa. Planning and serving meals.
4. Reading: Life of Ellen H. Richards, Chapters XV, XVI.
5. Demonstration: Dinner served to class.

REFERENCE LIST

Hunt, C. L. Life of Ellen H. Richards. 1912. \$1.50.
Whitcomb & Barrows.

Hutchison, Robert. Food and dietetics. 1911. \$3. Wood.

Jordan, W. H. Principles of human nutrition. 1912.
\$1.75. Macmillan.

Thompson, W. G. Practical dietetics. 4th ed. \$5.
Appleton.

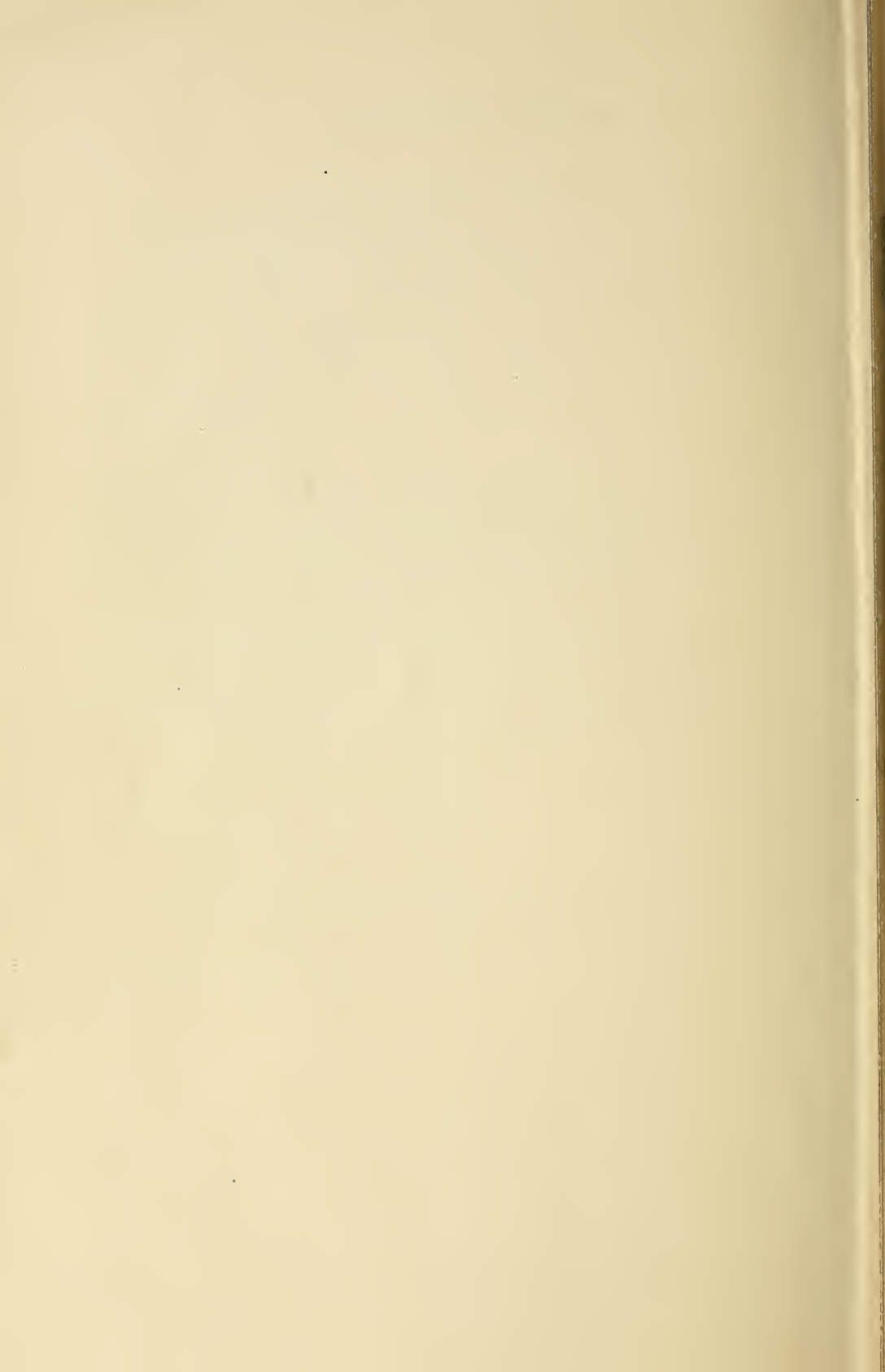
Farmers' Bulletin:

- No. 23. Foods: nutritive value and cost.
- No. 34. Meats: composition and cooking.
- No. 121. Beans, peas, and other legumes as food.
- No. 142. Principles of nutrition and nutritive value
of food.
- No. 249. Cereal breakfast foods.
- No. 256. Preparation of vegetables for the table.
- No. 293. Use of fruit as food.
- No. 295. Potatoes and other root crops as food.
- No. 298. Food values of corn and corn products.
- No. 363. Use of milk as food.
- No. 487. Cheese and its economic uses in the diet.

Cornell University. Human nutrition.

University of Illinois. Bulletin 32. Some points to be
considered in the planning of a rational diet.

University of Iowa. Planning and serving meals.



List of Study Outlines

American Literature. Outline No. 1. Prepared by Mrs. Jane Noble Garrott. Early literature to Lowell, with a program on the historians. 10p 15c. Outline No. 2. Prepared by Cornelia Marvin. Orators and statesmen, Whitman, Howells, a group of poets, analytical novel, short story, old and new South, middle and far West, essayists, humor, drama. 10p 25c.

Contemporary Drama. Prepared by Prof. Arthur Beatty for the Wisconsin Library Commission. Ibsen, Maeterlinck, Hauptmann, Sudermann, Echegaray, Rostand, Tchekoff, Brieux, Robertson, Jones, Pinero, Phillips, Shaw, Galsworthy, Yeats, Gregory, Synge, Fitch. List of plays, most important ones starred. Interpretative notes and suggestive ideas for discussion and study. 12p 25c.

Contemporary English Literature. Prepared by Prof. Arthur Beatty for the Wisconsin Library Commission. Swinburne, Meredith, Hardy, Kipling, Bridges, Gissing, Conrad, De Morgan, Wells, Bennett, Galsworthy, Yeats, A. C. Benson, Chesterton, Noyes, W. W. Gibson, Masfield. List of most important works. Critical references. Certain books studied with interpretative notes. 21p 25c.

Dietetics. Programs for 10 club meetings. The study is based on four selected books and the Farmers' Bulletins. 10p. Under one cover with "Home Economics."

England and Scotland: History and Travel. Prepared by C. E. Fanning. Intended for travel study club which has a historical foundation for its work. Bibliography. List of additional topics. 10p 25c.

Home Economics. Prepared by the Home Economics Division, Agricultural Extension Department, Purdue University. Programs for 10 club meetings. The study is based on three selected books and the Farmers' Bulletins. 11p. Under one cover with "Dietetics." 25c.

Italian Art: A General Survey. Prepared for the Minnesota Library Commission. Chronological order of subjects 6p 15c.

Mexico. Prepared by Study Club Department, Wisconsin Library Commission. 2p. To be used in the same year with South America Past and Present or Panama. Under one cover with Panama. 15c.

Municipal Civics. Prepared by Anna L. Guthrie. A topical outline with references by page to books and periodicals. Bibliography. 32p 25c.

Panama. Prepared by L. E. Stearns for the Wisconsin Library Commission. 4p. Under cover with Mexico.

Present Day Industries in the United States. Prepared by the Study Club Department, Wisconsin Library Commission. Topical outline without references. 6p 15c.

Slav Peoples. Prepared by Gregory Yarros. The history, present distribution and culture of the Slavs. A topical outline with references under each topic. Bibliography. 24p. 25c.



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preparation of papers. Full bibliograp

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tory and modern problems. Bibliography. 10p 25c.

OUTLINES BASED ON THE QUESTION METHOD.

NOTE: There has been difference of opinion among those interested in the Study Outline Series as to the relative advantage of two methods of presenting the outline: the topical method which assumes that the topics given in the program will be assigned to different members, or the question method which assumes that all members of the club will work in unison and all be prepared to discuss the questions given for the meeting. The topical method calls for a more or less lengthy bibliography, while the question method uses a small number of books which each member should own. These required books may be supplemented by a collateral reading list. In the list given above, *South America*, *Municipal Civics*, and *The Slav Peoples* illustrate the topical method; those listed below illustrate the question method.

Active Citizenship. By Charles Davidson, Ph.D. A study of citizenship in general and of the intelligent management of local problems. Topics for discussion in meetings and short lists of books and documents which may be consulted. 40p. 25c.

South America Past and Present. Based on the study of Bryce. South America. One subject for each meeting with questions for discussion. Short list of required references. 15p 25c.

Studies in Modern Plays. By H. A. Davidson, M.A. Contents: Justice, Milestones, Chitra, The Great Divide, The Faith Healer, Marlowe, The Piper, The Blue Bird, Herod, The Fire Bringer, Analytical study of each play, presented by question. Full directions for study and reference list. 44p. 35c. (10 copies for \$2.50)

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